

Batido de Curuba

Description

In Colombia it is known as curuba, curuba de Castilla, or curuba sabanera blanca. The Curuba is a fruit native from the Andean valleys. It's name in English is Banana Passion fruit for its similarity to these fruits.

Batido de Curuba or Banana Passionfruit Smoothie (English version below)

Ingredientes

- 10 Curubas
- 2 Taza de agua
- 1/2 Taza de Leche
- 1/4 de taza de crema de leche o nata
- Hielo picado
- 3 cucharadas de Azucar

Preparation

1. Cortar en dos las curubas y utilizar todas la pulpa con la semilla.
2. Licuar junto con el agua y colar.
3. Agregar la leche, crema de leche, azucar y el hielo picado.
4. Licuar o batir nuevamente hasta que todos los ingredientes estén bien mezclados.
5. Servir en vasos.

Banana Passionfruit Smoothie (English version)

Ingredients

- 10 Banana Passionfruit (Curubas)
- 2 cup water
- 1/2 cup milk
- 1/4 cup double cream or heavy cream
- Crushed ice
- 3 tablespoons sugar

Preparation

1. Cut in two the Banana Passionfruit (Curubas) and use all the seed pulp.
2. Blend together with water and strain.
3. Add milk, cream, sugar and crushed ice.
4. Blend or whisk again until all ingredients are well blended.
5. Serve in glasses.